

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

Purpose: To assist low-income women, infants, and children up to age 5 who are at nutritional risk by providing nutritious foods, information on healthy eating, and referrals to health care.

WIC Funding FFY 2009: The WIC program is funded and administered by the United States Department of Agriculture (USDA).

Funding source	Amount	% Expended at Community Level
USDA Nutrition Services Administration (NSA)	\$4,356,370	78%
USDA Food Dollars	10,201,280	100%
Formula Rebate (used as food dollars)	4,200,000	100%
Breastfeeding Peer Counselor Programs	54,313	95%
WIC Farmer's Markets	57,353	90%
Total	\$18,869,316	

Eligible Population defined by Federal Law: Federal law establishes the WIC target population as low-income (185% of poverty level), nutritionally at risk, and in the following groupings:

- Breastfeeding women (up to infant's 1st birthday)
- Non-breastfeeding postpartum women (up to 6 months after the birth of an infant or after pregnancy ends)
- Infants (up to 1st birthday).
- Children (up to 5th birthday).
- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends if discontinuing on the program)

WIC services are provided to approximately **20,148 participants** each month in Montana. The average monthly value of a food package is **\$42.32**. More than **220 grocery stores** participate in WIC.

Benefits covered by Federal Law: The following benefits are provided to WIC participants:

- Nutrition education and counseling at WIC clinics
- Screening and referrals to other health, welfare and social services
- Supplemental nutritious foods, in the form of WIC vouchers that can be redeemed at WIC authorized vendors. Each WIC participant receives a package of food designed to meet his or her needs.

WIC services are provided by contracted agencies, including:

- County health departments (18)
- Tribal governments (7)
- Non-profit agency (1)
- Hospital (1)

WIC FOOD PACKAGES TIME FOR A CHANGE

FACT SHEET

The WIC food packages are changing to better meet the nutritional needs of WIC participants. The new food packages align with the 2005 Dietary Guidelines for Americans and infant feeding practice guidelines of the American Academy of Pediatrics.

New Foods Which May Be Added to the WIC Food Packages Include

- Fruits and Vegetables (fresh, frozen, canned)
- Whole Grain Breads
- Brown Rice
- Bulgur
- Soft Corn and Whole Wheat Tortillas
- Infant Food Fruits and Vegetables
- Infant Food Meats
- Soy Beverages
- Tofu
- Canned Beans
- Canned Salmon, Sardines and Mackerel

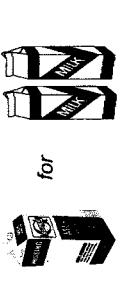
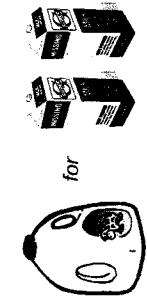
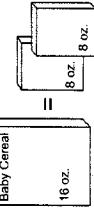
A number of these food items are options within a particular food category. As options they may be authorized at the State's discretion.



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SENSIBLE SUBSTITUTIONS

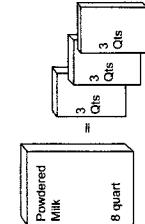
INFANT CEREAL



NO quarts for half-gallons or gallons
NO pints

Exception for Sweet Acidophilus, Lactose-reduced,
or Meyenberg Goat's milk if larger size unavailable.

POWDERED MILK



WIC FOOD PYRAMID
Montana WIC Program
1-800-433-4298

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WIC FORM #137

INFANT FORMULA

**Only brand, type and size specified
on check.**

NO substitutions at store

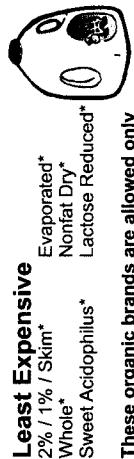
INFANT CEREAL

Bartley
Mixed
Oatmeal
Rice



NO formula, flavoring, or fruit added
NO cans, jars or packs

MILK - Pasteurized and Fortified



These organic brands are allowed only
if least expensive of the variety of milk chosen

Horizon - all
Naturally Preferred - 2%
Organic Valley - all
Safeway Organic - all
Stremicks Heritage - all
Western Family - all except whole milk in 1/2 gallons

NO flavor added

Brand Specific
Goat's Milk*: Meyenberg (canned or quart only)

*Only if Specified on WIC Check

EGGS

Large - One dozen
"AA" or "A"

Any Brand
 NO enhanced eggs

Montana WIC Program Now Established 1974



Serving Montana's
Nutritional Needs
for Over 30 Years

Approved Food List
effective March 1, 2008

Local Clinic Information

REVISED JUNE 2008
WIC Encourages Breastfeeding

LEGUMES - DRY PEAS/BEANS

Least Expensive

Any Brand: Dried beans,
split peas or lentils
16 ounce packages

NO soup mixes or flavorings added

NOTE: Canned beans may be purchased ONLY if
specified on WIC check.

PEANUT BUTTER - 16-18 oz. Jar

Least Expensive

Unflavored smooth, chunky,
honey roasted or natural.



NO jelly, honey, chocolate or marshmallow
creme added.

NO reduced-fat peanut butter spread

CARROTS - 16 oz. or less package

Least Expensive

of Brand Chosen
Fresh (Regular or Baby)
Canned (Sliced, Diced, Regular
or Baby)
Frozen (Cut, Regular or Baby)

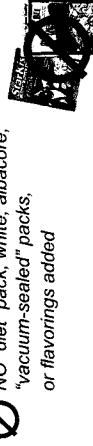
NO butter, sauces,
seasonings, vegetable mixes or bulk

TUNA - 6 oz. can

Least Expensive

Canned, water-packed only
Light - solid or chunk

NO "diet" pack, white, albacore,
"vacuum-sealed" packs,
or flavorings added



CHEESE - DOMESTIC

Least Expensive of Flavor Choice
Regular, low-fat or reduced fat
16 ounce or less package



Cheddar

Colby-Monterey Jack

Monterey Jack

Mozzarella (whole or part skim)

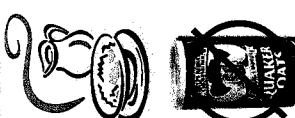
String cheese (plain mozzarella and cheddar only - 8, 10, 12 or 16-oz packages only)
NO raw milk, goat's milk, fat-free or nonfat cheese products, cubed, shredded, sliced, flavor added (ie: Pepper-Jack), imported, service deli imitation cheese products, cheese food, cheese spread or individually wrapped slices/strings

INSTANT OATMEAL

Regular, NO flavored Individual Packets Only

Albertson's, Favorite, Great Value, IGA, Safeway or Western Family

NO large/bulk packages allowed
See above for approved brands of individual packets



HOT WHEAT CEREAL

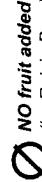
Store Brand Hot Wheat Cereal:
Safeway and Western Family

Cream of Wheat



COLD CEREAL CONTINUED

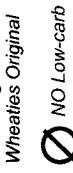
SPECIFIED BRANDS ONLY
REGULAR FLAVOR
UNLESS SPECIFIED



(ie: Raisin Bran)

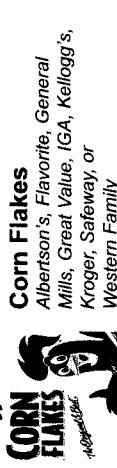


Fiber Flake Cereals
Enriched Bran Flakes:
Albertson, Favorite, Great Value, IGA, Post, Western Family



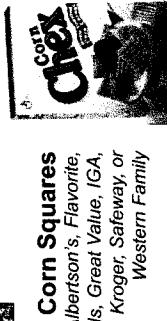
Total Original
Wheaties Original

NO Low-carb



Corn Flakes
Albertson's, Favorite, General Mills, Great Value, IGA, Kroger, Safeway, or Western Family

Corn Squares
Albertson's, Favorite, General Mills, Great Value, IGA, Kellogg's, Kroger, Safeway, or Western Family



Rice Squares
Albertson's, Favorite, General Mills, Great Value, IGA, Kroger, Safeway, or Western Family

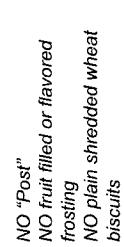
Crispy Rice
Albertson's, Favorite, General Mills, Great Value, IGA, Kellogg's, Kroger, Safeway, or Western Family



Frosted Mini Wheat
Biscuits
Albertson's, Favorite, Great Value, IGA, Kellogg's (regular), Kroger, Safeway, or Western Family



Wheat Squares
Albertson's, Favorite, General Mills, Great Value, IGA, Kroger, Safeway, or Western Family



Frozen Concentrate 11.5 to 12 oz.
Least Expensive of Flavor Choice

Specific Flavors:
Authorized Brands:



100% JUICE ONLY
VITAMIN C FORTIFIED
NO SUGAR ADDED
SPECIFIED BRANDS ONLY
NO ades, juice drinks or
beverages.
NO fruit punch or juice cocktails.
NO sparkling, ciders, light or
low-carb
NO apple, grape, orange or
pineapple blends
NO bottled or shelf-stable juice

Canned 46 oz.
Least Expensive of Flavor Choice



Apple: Albertson's, Favorite, Great Value, IGA, Safeway, Seneca, Tree Top, Western Family,
Old Orchard
Grape: Albertson's, Great Value, Seneca, Old Orchard, Welch's
Grapefruit: Any Brand
Orange: Any Brand
White Grape: Albertson's, Old Orchard, Welch's
Pineapple: Any brand with 120% of Daily Vitamin C

Tomato: Any Brand w/120% of daily Vitamin C

Vegetable: Favorite, Great Value, IGA, V-8 (Original or Healthy Request), Western Family

White Grape: Welch's